The Newest Means of Attaining Health, Slimness and Beauty: What Fencing Does.

1t makes the woman beautiful," the added grace that fencing gives had a share fencing master was saying as he fastened in this? the top button of his white jacket. "It is like the medicine of the advertisement It makes the fat lean and puts flesh on the thin ones The American woman finds that it is not a fad, but the most beneficial

"There was Miss Lillian Russell. She had grown to such a size that the critics of the theatre were casting sly jokes at her. She comes to me. 'Take it off,' she says, and a season of fencing reduced her thirtytwo pounds. When she goes back to the stage "Have I married off many of my pupils? all the young and the old, the near and What a question. I do not like to claim too the dear say, 'My! she is a young girl again.

Nonsense! It is fencing that does it. "One must not give up the hearty dinner or the little supper after theatre if one will try the foils two or three times a week.

"No other kind of physical exercise offers at one time so many advantages. It keys every part of the human mechanism, legs, arms, hands, every muscle, the in-ternal organs and senses, all work har-moniously Each is a factor in the fencer. "The legs support the equilibrium of

the body, ever ready to advance or retreat. The hands sustain the weapon of defence and direct the movements in the art. The eyes must be alert. The intellect makes the estimate of the most propitious moment for the attack, the execution of a given strategic movement which may lead to

"I have 170 pupils in fencing and only wenty of them are men. The benefits of the exercise are now realized by the women of New York who need exercise for itself or for the improvement of a weakened constitution By the activity of the exercise fat women reduce themselves, while the healthy development of a thin woman brings flesh to her bones."



classes are conducted at the New York Athletic Club and the Fencers' Club



PEINTING AS AN ANTI-PAT.

be adept with the weapon are of frequent occurrence in the clubs. No teacher of physical culture feels equipped unless he or she is able to fence well. The big class of that day with engagements as well.

A well-developed and heathful interest in fencing is shown among men also. Large f young women who attend the Normal school of Physical Education, to qualify themselves to instruct others in the develpment of the body, take fencing lessons

three times a week. Fencing may be traced back in a vague way to the time when adversaries armed with sword in mortal combat trusted more to strength, agility and a quick eye than to any established principles of attack and defer of It took many generations before

body, the knight knew little of the modern art of fenoing. Combate between men mounted on horses were determined often by the strength of their armor, and secondarily by their material strength.

In those days the lower classes were barred from tourneys and feats of arms, but in their private schools burghers sought proficiency with the sword. With the dis-carding of armor the superiority of the point was seen and there the art of fencing properly began

Then a sword, lighter and stronger than the one formerly used, came into vogue



prove that his style was wrong and he a fakir. The Italian was wounded in his

sword arm. The Frenchman made manifest the superiority of his school." It is the French school that is taught generally in the New York schools. The romen seem to prefer it to the Italian style. Among the men who have taken up feno-



PUBLIC SALUTE.

They agree that it is an exercise bringing all the muscles into play and yet not ex-hausting or necessarily violent, like horse-back riding, and many of them recommend it to their women patients whose nervous organizations need toning up. result was a damage to the play from which it never recovered.

In these two cases there is no denying the wisdom of the actreases concerned. They know their audiences. They know that the women who come to see them would take less interest if they should act in dramas that required them to be tainted even temporarily.

LIVELY WORK BY THE GIRL FENCERS.

much, yet I must tell you that only yesterday I get a letter from one pupil now living for her gowns. She is so light on her feet in San Francisco. It is a card. She is married. And to-day when one of my pupils came-she has been here three times a week for six months-I noticed on her finger a new solitaire. Of course, I do not ask her—I guess that she is engaged. Has not the brighter eyes, the clearer skin and foils will do the magic again. Banting? work on Sunday he could fill the whole

The modiste must make new measurements that the Pete Dai'ey says she is once more

the-what you call-airy, fairy Lillian "But," and the master shrugs his shoulders, "it is sometime past. She comes no

Fencing masters are now in great demand at the physical development schools patronized by women in society. One master is so sought that he now instructs at Columbia Institute, the Berkeley School and the New York Normal School of Physical Edu-

Contests between men who have come to

M. MANRIQUE, PENCING MASTER.

code of warfare. The change of arms used

by the combatants has effected a change in

The Middle Ares was the period of heavy

blows with bludgeons. Victory usually

fell to him who hit hardest. Until the

invention of gunpowder and the introduc-tion of the lead bullet, when steel armer

she became terribly thirsty. But, instead of drinking, she took a mouthful of fresh fruit, which reemed to quench the thirst, andso she avoided the putting on of fat.

In exercising, remember that it is the throat that gets dry, not the stemach. And a little drink will stop the thirst quite as well as a long one. Often a ip of orange juice, a suck of lemon, if you can take the acid, or a quarter of an apple, will take

The weapon was easy to manage and well

many gentlemen of the cloak then trav-The devising of cunning thrusts and strokes began at that time. It was usual, too, to employ a dagger as an auxiliary to the sword, so that fencing methods were

Later, the dagger fell into disuse and

shout this time two schools of fencing. the French and the Italian schools, were formed in Europe and these two styles survive to-day.

The French style, which had the ad vantage of royal protection, is accepted to-day as the better of the two schools." said the fencing master, surely I, Ricardo Manrique, would teach no other. As an

exercise it is more beneficial than the Italian

method, which requires a stiff arm and

"Let the Italian have his circular flour-

ishes which waste energy and give his epponent a signal before each thrust. The

French style, using the shortest route for

each thrust, keeping a supple arm, wrist and

fingers, is far superior. It has been dem-

"Not long ago the Italian champion chal-

necessarily different.

tense grasp of the foil.

onstrated again and again.

the play is likely to lose its point. It can readily be seen that a drama built about a woman with a past is not going to retain its proportions when the heroine is made quite a different sort of woman.

Henry James remembers a performance of "Camille" in Boston, years ago, in which the hero and heroine we e vaguely described as "engaged." Something of the same inartistic kind was attempted here during the present season with a play whose

PIACODARE * 5000

DON'T FORGET THE FLAT BACK of the most difficult feats demanded of the art of the modern dressmaker. In the rounded or fatty backs there is

THE LONG CURVE NOW A POINT OF WOMAN'S BEAUTY.

Aubrey Beardsley Showed It in His Pietures-Fashionable Gowns Now Built Up to It-Any Woman May Get It by

If you have to take your choice between a straight back and a straight front, take the straight back. That is what all the

beauty students advise Aubrey Beardsley is said to have be the first man in art who recognized the value of the straight back. When he did not exaggerate his backs were beautiful.

His backs were not really straight, for Beardsley never worked in straight lines. But there was always what might be called a long straight curve, if you will allow the description, which reached from the very back of the neck down to the waist, and then with a certain sweep took in the complete back of the figure, ending in the train of the gown. He gave the flat back which is so characteristic a feature of the

It is this long, straight back which is now the rage among women. You will see that all the new gowns are built for it, so as to accentuate the flatness at the back, and there must be nothing to break the line which goes from the back of the neck downward as far as there is any line

The princess gown owes its revival to the fact that this long line is the fad, and there are gowns made to reveal this line in all its most striking peculiarities

Among women who have the time and the money to perfect these fancies, the straight backed gown is seen in a charming state of finish. One woman is noted for the style with which she wears it. Tall, slender, graceful and capable of carrying herself elegantly, she puts on these princess gowns and, with that lovely back curve, sweeps into the room and is the admiration of all who see her. White satin is her favorite fabric, perhaps because it brings out her lines the strongest

Queen Hé ène of Italy is another woman who wears the long straight back and is most graceful in it. She wears the most histrous of white satin dinner gowns and the line from the back of her shoulders to the tip of her train is from 44 inches long to 52 inches. Nor does this give her a great train, but only the Beardsley sweep.

Any woman can have the Beardsley back The Beardsley back is flat. This means that the shoulders must be held up and back

and the head be allowed to sag over front, then the back of the neck will be ungraceful, the shoulders will sag and there will be a hump between them that destroys the flat Beardsley back

You have no idea how little it takes to make the back seem humped This back. which belongs most properly to the hardworked laundress, who must bend over her tub. is seen upon the figure of women who have never bent over a tub in their lives Some of them get it from playing the piano They sit round-shouldered. and a hump gathers between the shoulder

Then there is the round back, caused by too much flesh This comes when there is too much adipose tissue all over: and the back shows a padding almost as pronounced as that of the bust.

Dressmakers will tell you that there are women who come to them with cushions of fat upon their shoulders that look like pade. To get this appearance of padding off the back, and to make the back look flat, is one

roundness which belongs to the middleaged woman

Sometimes this back is very plump indeed. And, when you see a woman of 5 foot 4. weighing 150 pounds, you may be quite sure that she has a round back and round shoulders and that her shoulder than blades.

It is to the woman who is a little too It is to the woman who is a little too fat, the woman who is a little too round in the back, the woman whose shoulders are not just right, that the Beardsley back should appeal. The young girl can acquire it by the simple putting on of the right kind of gown, and by lacing her stays in a flat manner in the back. But, for the woman who has not a nice back, it is the work of time to get the artistic lines.

A woman whose back was as round as her shoulders once determined to get the Beardley back. She wanted to secure that long flowing outline which is so artistically

of the most difficult feats demanded of the art of the modern dressmaker

In the rounded or fatty backs there is also the back which belongs peculiarly to the woman of middle years. This back is the one to which Kate Field referred when she spoke of it as the middle-aged figure.

You know the middle-aged figure when you see it; you can tell it a block off. It is the orange-shaped back, symmetrically moulded, no bones showing, no shoulder blades anywhere, no flatness, just a cushiony roundness which belongs to the middleache. His lie of two months people began to tell her how young she looked and her dressmaker complimented her upon her nice, trim figure. Her back was her main

beauty.

To get this she procured a wand and a broomstick. ...d with these, sometimes with one and sometimes with the other,

she exercised.

The wand was heavy and she did not pick it up except in the morning. The rest of the day she devoted herself to broom-

stick movements.

She lifted the broom and jumped with it in her hands. She twisted and turned, always working with it behind her, and she practised lifting it and lowering it and she also practised swinging it and turners.



charming in the new art pictures which is really seen in every fine status and in every good picture under the sun. She wanted not the grotesqueness of the Beardaley exaggerations, but the long drooping line which begins with a flat pair of shoulder blades and a nice, trim,

It took time to practise these things. But this woman who wanted to get back her youth was not considering the hou... but only her own condition of fatness and round shoulderedness. She was so unwieldly that she would do anything to become graceful. While she was exercising.

away that dry feeling and make you forget how thirsty you are.

It is frequently the case that a round, awkward back is caused by poor digestion. The stomach is weak and the patient bends forward. The back grows round and the most awkward figure in the world results.

There are various remedies for indi-gestion, all of them novel and some of them new. From the city of Vienna, the home of Dr. Adolf Lorenz, there comes a remedy which can, at least, be tried t is called the chocolate cure.

The patient takes good well-boiled chocate for breakfast, drinking two cups of After breakfast she takes nothing before the regular luncheon time, when she again takes two cups of chocolate. In the middle of the afternoon she takes two more, and only at dinner does she break in upon the chocolate régime.

At dinner she allows herself to eat to the

At dinner she allows herself to eat to the extent of three kinds of vegetables, washed down with a glass of fruit juice, which may be grape juice or currant tea, apple tea or tea made from cut and quartered quinces. Either cocoa or chocolate can be taken, as preferred.

Another cure for indigestion, and this is one that is often tried in London, the home of vegetarianism, is the vegetable cure. The patient in this case lives entirely upon cooked vegetables and salads and eats all she wants of these and as many.

A diet of poached eggs on toast cured a royal patient of Europe who suffered from indigestion after eating meats. And another patient, a millionaire American woman, was cured by living upon a liquid diet, all soups broths, beef teas, hot milk and the like.

Be sure that your stomach is in good condition, then go to work to make your back nice. Flatten it out, cure your round shoulders; and so shall you be symmetrical. And to be symmetrical is the most desirable attribute a woman can claim

fammoth Cave's Assessment Valuation From the Louisville Evening Post. BROWNSVILLE. Ky., Jan 9.-The Edmonson county board of tax supervisors has raised the list of Mammoth Cave estate from \$75,000, as listed, to \$100,000. Each year there is a controversy of the valuation of this estate. Last year it paid tax on \$100,000 valuation. sidered necessary in order to gain for her the sympathy of the public, and the American public will not show interest in any

but good women. Formerly it took as much pleasure as the French in the h ctic heroines of the '70s and early '80s. Else we should never have had here "Alixe." "Miss Moulton, "Led Astray." "Coralie," "Article 47 and "Frou-Frou."

Of all the sinning heroines only Camille still holds her own. Her rast is luckily mitigated by tuberculosis. The intolerance for her kind that has shown itself so de cisively might have extended to her. The heroine must be good or like the

Pinero women with pasts, stand frankly on her immorality as her long suit and not care a rap for the sympathy of her spectators. She must dazzle them by her wickedness, but not be bad and then whine

If she takes poison like a lady, her courage may command admiration. But if she sneaks back home like poor little Gilberte and snivels into her pocket handkerchief. she is too wicked to be tolerated. That is the attitude of the managers of the day. If they were able to exercise their own judgment always they would have as little to do with one of these speckled heroines as with another. The chance of great opular success with them is very slight. popular success with them is very slight.

But actresses no longer able to play the parts of young girls delight in the emotions of these more mature sirons. Thus the woman with the past still appears occasionally. The difficulty of utilizing the popularity and talents of the actress no ionger in the first flush of youth accounts for many theatrical phenomena that would otherwise be inexplicable.

But the youthful and sentimental heroine who makes a false step is no longer tol-

who makes a false step is no longer tol-erated here. She is interesting to foreign audiences and the dramatists still write about her. But she must be reformed for

local consumption.

Some experiences here during the present season indicate that the fly-spec ed heroine cannot be successfully fumigated for American use. If she is made good,

even temporarily.

One instance will show the extent to which an actress may be damaged by appearing in a disagreeable character. Several years ago a woman well known socially to a large circle of New Yorkers acted the part of an unhappy wife who threw herself at the

circle of New Yorkers acted the part of an unhappy wife who threw herself at the head of a married man. He of course repulsed her.

She had to act an extremely disagreeable scene with him. That actrees to-day says that nothing in her career ever did her so much harm as playing the rôle of that impure woman. Her friends and acquaintances recall it more distinctly than any other rôle she ever played and for the past five years she has been trying to live down the impression of that part. THE DOG SETTLED THE CASE.

Canine Testimony Again Held by the Court to Be Unimpeachable.

From the Rochester Post Express. Some months ago David Wallace of 35 White street bought a pedigreed cocker spaniel and had it registered. A month ago it disappeared. Yesterday Wallace says he found the spaniel at the residence of Peter W. Lott, 131 Frankfort street, and tried to take it. Lott objected. Wallace caught the dog by the tail, Lott grabbed it by the head: both tugged away with the dog as the connecting link. Mrs. Lott flourished a broom and a man named Buck waved a

rusty revolver.

Just as it looked as if the dog would be yanked apart, Sergt, McAllister and Patrolman Cook hove upon the scene and lugged dog, Wallace, Cook, Mrs. Lott and Buck. with broom and rusty revolver, to the Fifth Precinct station. Capt. Furtherer assumed a frague arbitration role, but failed to bring about a truce. Mr. Dog was locked up and the owners were sent away, to appear in court to-day and prove ownership.

Peter, said the Court to Interpreter Lauer, "bring forth A. Cocker Spaniel, from Cell 13."

"Who?" said Peter. "Your Honor, there's no one else in the 'pit."

"Yes," smilled the Court, "bring forth the dog."

"Yes, smiled the Court, "bring forth the dog."

A moment later Lauer appeared with the prisoner on the end of a long chain.
"I know of no precedent for such a proceeding," said Attorney F. L. Dutcher, who appeared for Wallace, "except that of King Solo non. That case is not annotated in our codes. Nevertheless, I am satisfied for the Court to decide the ownership."

"Well, "remarked the Court, "is Lott here?"
Lott was called, but there was no answer. A pause followed.

"Buppose, suggested Mr. Dutcher, "that you let the dog decide whether or not Wallace is its owner?"
The suggestion was adopted The dog was allowed to run loose. It smilled the air, barked, nearly tumbled Charlie Hart over by running between his legs and finally rounded up before Wallace. The dog welred, whirled around and showed every indication of loy."

"I guess that's Wallace's dog," said the

"I guess that's Wallace's dog." said the Court. "That evidence satisfies dog was turned over to Wallace.



heroine was in point of morals nearly all that she should not be.

Her nickname in history was "The Little Flame" and this phrase described her characteristics. But in the transfer of this play to English, the character of the heroine had to be brought up to the American standard. She had to be divested of all the qualities on which the play was built. In other words, the incidents that had

the qualities on which the play was built. In otherwords, the incidents that had happened to a bad woman had to happen to a good one. Of course failure was inevitable. No play could stand such treatment and it collapsed.

Another experiment of the same kind had a similar result. It was indispensable to the structure of a play that the heroine should be wicked. She had been the mistress of the villain and dramatic necessity required that she retain that place in the scheme of the play.

required that she retain that place in the scheme of the play.

But the young actress who took the part had to be always the pink of propriety. So in spite of the protests of the author, the young woman had to be reformed before this actress could impersonate her. The

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